

# ASCH NEWSLETTER



## From the Desk of the President....

Greetings ASCH Colleagues,

During these turbulent times we walk to the edge of our current life, glimpse a new horizon, and take action to go there. We have a zest, an intuition, a glimmering that somehow we will discover something beyond our current familiarity. The zest is palpable and reminds us of something familiar, of our youth, and the discovery of something new. Novelty settles in and grants us a sense of freedom of moving beyond turbulent times and sheer survival.

Out of this glimmering, our first virtual Annual Meeting came into fruition. The excitement leading up to it created a new set of energy and desire moving forward. I was honored to lead our team comprised of passionate and fearless spirits such as George Glaser, Carolyn Daitch, Moshe Torem, Linda Thomson, Lane Wagaman, Maggie Dickens, Deb Nesbitt, Holly Forester Miller, Louis Damis, Akira Otani, Kathy Matousek, and the Kasper Family. Our team worked zealously to create an inspiring and energizing experience. Thanks to all of you! Moreover, I will always be spellbound by the passionate energy of our various committees and membership and their desire to make our Society the best it can be. Thanks for your commitment to ASCH!

It was also a real pleasure to hear from many of you following our meeting. This issue of the newsletter and the next newsletter will feature reviews of the annual meeting by various participants. Take a peak! We are working on editing the videos of the plenary speakers and workshops for easy viewing for attendees. As soon as they are completed, attendees will be able to view all sessions for free up to 30 days. Additionally, the planning of the 2021 Virtual Annual Meeting is already in process. We will keep you posted.

We hope that you will give yourself the gift to attend many more webinars that ASCH is offering during the coming months. Our presenters are superb and excited to share their knowledge and expertise. We hope that you will make invitations to others to join our webinars and enhance the experience with your presence.

As my motto continues: Live and Learn!  
Stay safe!

*Anita*

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# Letter from the Editor



Welcome to the Fall Newsletter!

As the season slowly begins to change to that time of year when leaves change color, school has begun, and we begin to think about warm crock pot dinners....well maybe not the warm crock pot dinners here in scorching Arizona....it is a great time to reflect on our amazing first-ever virtual annual conference! What a success on so many levels! To get more from the conference experience, be sure to read the workshop peer-reviews in this edition and future editions of the ASCH newsletter.

Our Component Section article, submitted by Debbie Bensching, is a must read! She so elegantly challenges us to consider what we are doing to make our trainings more inclusive and accessible for a diverse range of practitioners. Great article!

We are fortunate to include two more clinician interviews from Carolyn Daitch PhD. and Akira Otani Ed.D, ABPH, FASCH. These clinicians allow us to peek into some of the works that have influenced their careers. They also share how their hypnosis practice has changed over time. Thank you to both of these clinicians for offering to share their expertise with all of us.

Please be sure to pay attention to the Upcoming Events in this issue. There are some great trainings going on through our component Societies that we want you to know about! Remember, if you have a hypnosis event going on in your area, consider sharing that in the newsletter. Just email it to: [assoc-dir@asch.net](mailto:assoc-dir@asch.net).

Don't forget to vote in the upcoming ASCH elections! Watch your email for the ballots!

Wishing you a safe and wonderful Fall season!

Sincerely,  
Deb Nesbitt, APRN, PMHNP, ABMH  
ASCH Newsletter Editor

## COMPONENT SECTION

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Greetings,

“To provide and encourage education programs to further, in every ethical way, the knowledge, understanding, and application of hypnosis in health care; “ You may recognize these words. It is the first phrase of the ASCH mission statement listed on the home page of the ASCH website.

As I considered what to write for my article this edition I found myself returning to a recent conversation I had with a friend who contacted me to assist with finding a referral for his grandson who recently came to live with him due to some trauma he experienced. I've had this type of request from friends asking me to assist with referral's many times as I'm sure all of you have had as well, yet this one was different.

My friend and I have talked many times about my work with trauma, about hypnosis and how valuable I believe it to be

## Component Section Corner (continued)

and he knows I work with kids. He explained to me he was having a hard time finding a mental health therapist for his grandson. He spoke about how important it was for his grandson to work with a male therapist who was a person of color and preferably a black man because of the traumatic experiences he had. They are an African American family and his reasoning made perfect sense to me. He went on to share about how he had hopes of finding a male clinician who was a person of color trained in clinical hypnosis. I set out to assist and after reaching out to many many contacts I had to accept, that at least in our area, there are limited male pediatric mental health providers who are people of color and none trained in clinical hypnosis. I suspect this is true in many geographical regions.

As healthcare providers we all know how important it is to take care of ourselves and get the health care services we believe are best suited to address our needs. Although we all have different views on current national issues in health care what brings us together is our mission, the common value of and belief in the benefits of clinical hypnosis training to health care providers and to the recipients of the health care services we provide.

I don't know the statistics on how many health care providers with non-white ancestry are trained in clinical hypnosis across professional hypnosis organizations. I suspect it is limited because in the many trainings I've attended I mostly see white faces. The question of "What are we as an organization of health care providers, dedicated to encouraging and providing education and training in clinical hypnosis, doing to bridge this gap" continues to roll around in my mind. Please know I raise this question as an opportunity for our organization to be a health care organization leader in this area and address the need, not as a political issue. What are we (ASCH or component society members) doing to reach out to assure non-white health care providers feel welcome to consider and access our educational offerings?

I would like to collect information from each component society or ASCH member on what has been done, is being done, or ideas on what can be done to bridge this gap. Please send information to the email listed below. Once collected I can share the possibilities with anyone interested.

Be well,  
Debbie Benschung, LCSW, ACSW, MSWAC  
ASCH Approved Consultant  
Chair, Component Sections Committee

### Fellowship

**What:** ASCH Fellowship is the highest honor a member can achieve. It means the individual has been recognized by his/her colleagues for significant contributions to ASCH, to the field of hypnosis and exceptional achievement in clinical and/or investigative hypnosis.

**Who:** A nominee for ASCH Fellowship must have been an ASCH member for three (3) years, nominated (in writing) by two (2) ASCH Fellows, and provide documentation of the following activities:

- successful uses of hypnosis in research or practice
- hypnosis teaching
- publications in books or recognized journals contributions to ASCH (service in committee, liaison with other societies, publicity)
- evidence of high ethical standards (two letters of reference)
- transcript of graduate /post graduate work

**When:** Newly approved ASCH Fellows will be recognized at the ASCH Awards Banquet, held annually during the Annual Scientific Meeting & Workshops.

**How:** Nominations for Fellowship to be awarded at the 2021 Annual Meeting must be submitted to the ASCH office (assoc-dir@asch.org) in writing by January 1, 2021.

# CLINICAL

# ORNER

Welcome to the Clinicians Corner. This year we will feature interviews from experienced clinicians who have used hypnosis for a variety of topics in many different health care settings. Many thanks to these professionals for being willing to share some of their best tips, techniques, and advise. We hope you enjoy and benefit from these interviews.

**Name (include professional initials):**

*Carolyn Daitch, Ph.D.*

**Professional discipline:**

*CD: Psychology*

**How long have you been using hypnosis in your professional practice?**

*CD: Since 1982.*

**On what specific topic would you like to share your best tips, techniques and advise? (E.g. anxiety, dental fear, pain, medical conditions, performance, addictions, etc.)**

*CD: Anxiety, all aspects of it and relationship therapy.*



**When you first started using hypnosis to address this topic, what were your favorite scripts, hypnotic techniques, strategies or processes?**

*CD: When I was a young psychologist in the 1980s, I started seeing clients suffering with anxiety. Their symptoms were often intense, both physically and psychologically.*

*When I tried to find treatment approaches, I found there wasn't much written, so I began experimenting with my own approaches.*

*At the time, I was studying hypnosis with Chuck Stern, a psychologist who trained with Erickson.*

*Inspired by what I was learning, I began to incorporate hypnosis and was delighted to discover that hypnosis was often very helpful to my patients.*

*Initially, I was influenced by Michael Yapko's Trance Work and Steve and Carol Lankton's The Answer Within.*

**How does this differ with your treatment process today?**

*CD: Today, I integrate hypnosis with cognitive therapy, mindfulness and acceptance approaches. Indeed, I use hypnosis with many other modalities*

*e.g. EMDR, IFS etc. Hypnosis seems to potentiate any other treatment approach.*

**What advice would you give a new professional as they begin to use hypnosis in their practice for this topic?**

*CD: Take as much training as you can, read a variety of books that have different hypnotic approaches and listen to recordings or watch videos of experienced practitioners.*

**What book or article influenced your hypnotic work in this area that you would you recommend?**

*CD: I am still influenced by Yapko's and Lankton's books. Frankly, I also learned so much from writing my own books. Writing them, informed my clinical practice and my clinical practice informed my writing.*

**Name (include professional initials):**

*Akira Otani, Ed.D., ABPH, FASCH*

**Professional discipline:**

*AO: Counseling Psychology*

**How long have you been using hypnosis in your professional practice?**

*AO: 33 years.*

**On what specific topic would you like to share your best tips, techniques and advise? (E.g. anxiety, dental fear, pain, medical conditions, performance, addictions, etc.)**

*AO: PTSD, self-esteem enhancement, the interspersal & confusion techniques.*

**When you first started using hypnosis to address this topic, what were your favorite scripts, hypnotic techniques, strategies or processes?**

*AO: Ideomotor techniques, esp. eye fixation and hand catalepsy.*

**How does this differ with your treatment process today?**

*AO: Remains the same but more refined to meet the client's needs and circumstances.*

**What advice would you give a new professional as they begin to use hypnosis in their practice for this topic?**

*AO:*

- *Read your favorite author(s)'s work and model his/her/their approaches and strategies*
- *Adapt them to match your own theoretical style*
- *Practice them for induction and utilization by writing them down and recording them to refine your skills*

**What book or article influenced your hypnotic work in this area that you would you recommend?**

*AO:*

- *The Collected Works of Milton H. Erickson, M.D. (4 vols) by Erickson and Rossi*
- *The Art of Therapeutic Communication: The Collected Works of Kay Thompson by Kane and Olness (eds.)*
- *Hypnotherapy and Hypnoanalysis by Brown and Fromm*



## Call for Nominations

It's hard to believe, but it is already time to start looking for candidates for the 2022-2023 Election.

Do you have someone who you think would be outstanding in a position of leadership in ASCH?

Let us know at [assoc-dir@asch.net](mailto:assoc-dir@asch.net).





# A Need for Educating our Colleagues about Clinical Hypnosis



Article Submitted by: Joseph Tramontana, PhD

The purpose for the present article is to make the case for the need to educate our non-hypnotic practitioner and research colleagues about clinical hypnosis. The present author attended an annual meeting of the Mississippi Psychological Association (MPA) in Biloxi, Mississippi. At this meeting I attended a presentation (Mack, 2018) titled “The Emetophobia Diaries: Tales of the Scientist-Practitioner.” The presenter identified herself as being on the faculty of the Psychology Department at the University of Mississippi, where I received my doctoral training many years earlier.

During the talk, she reported on a case in which she had success using Cognitive Behavioral Therapy with a 25-year-old female with a fear of vomiting. While talking about the effectiveness of CBT, however, she mentioned that the patient had previously experienced failed results with other forms of treatment. She said this patient had tried hypnosis at a cost of \$2000.00 per session X 4 sessions.

I did not interrupt the aforementioned presenter during her talk, but I did approach her afterwards, and she was open to the likelihood that her patient may have seen someone without legitimate mental health credentials and a subsequent code of ethics ( a “quack” - her word, not mine). I shared with her some successes I had with this condition, and she seemed open to listening.

One such case, which was part of a series of cases presented at meetings of the Society for Clinical and Experimental Hypnosis (Tramontana, 2017), APA Division 30 (Tramontana, 2018), and at the World Congress of Medical and Clinical Hypnosis (Tramontana, 2018) involved a 13-year-old girl. This young adolescent had a fear of vomiting that prevented her from eating in the lunchroom at school, going to restaurants, or even attending sleepovers with friends if it would involve eating meals or snacks. After 3 hypnotic sessions during which a future-focused approach was utilized (i.e., “write your own script as if you were a playwright, screen writer, book or short story author”), she reported she did not need to come back. She had begun eating with friends with no fear of vomiting.

The long-term follow-up was when she came back 3 years later reporting that she no longer had any fears of vomiting, but she wanted hypnosis to help her with test-taking anxiety. This approach was also successful after only a few sessions.

As a result of my interaction with the aforementioned presenter, who identified herself as a “Scientist-practitioner,” it led to my belief that there is a need for educating our non-hypnosis trained colleagues. I must admit that while I was disturbed that this Psychology Professor teaching at my alma mater was so negative about hypnosis, I certainly learned nothing about hypnosis while in graduate school there. It was lumped in with parapsychology. I had purchased some books on hypnosis, but kept them in my bookcase at home, not in the Psychology Department.

So, what can we do about this? Well, I believe publishing, presenting at non-hypnosis conferences (Psychology, Social Work, Nursing, and others), and teaching about hypnosis is part of the answer. What I have tried to do in answering this challenge, includes giving hypnosis presentations at Louisiana Psychological Association (LPA) meetings on topics such as treating addictions and sports hypnosis. When I was president of that organization, I always included a brief hypnosis talk in presentations for students and early career psychologists. I gave similar presentations at MPA.

# A Need for Education our Colleagues (continued)

I also belong to the Baton Rouge Area Society of Psychologists (BRASP) and in New Orleans the Crescent City Area Psychologists Society (CCAPS), and I have spoken at dinner meetings of both groups on hypnotherapy. Additionally, for the third straight year I will teach a class on hypnosis to 4th year graduated students at Xavier University of Louisiana (part of the Chicago School of Professional Psychology program).

I want to encourage each of our ASCH members to consider how you can make a difference in teaching and informing our colleagues about the art and science of hypnosis.

## REFERENCES

- Mack, D.J. (2018). The emetophobia diaries: Tales of the scientist-practitioner. Mississippi Psychological Association Annual Convention, Biloxi, MS.
- Tramontana, J. (2017). Hypnotically enhanced psychotherapy: 5 cases with long-term, unsolicited follow-up. Workshop presented at the Society for Clinical and Experimental Hypnosis, Chicago, IL.
- Tramontana, J. (2018) Hypnotically enhanced psychotherapy: 7 cases with long-term unsolicited follow-up. Workshop presented at the World Congress of Medical and Clinical Hypnosis, Montreal, Canada.
- Tramontana, J. (2018). Hypnotically enhanced psychotherapy. Paper presented at the APA Division 30, San Francisco.

## Oregon Society of Clinical Hypnosis presents: Distance Learning Workshop

**Program Name:** Healing the Wounds of Development: Attachment Theory & Hypnosis, An Integrated Approach to Psychotherapeutic Treatment

**Program Dates:** October 17 & 18, 2020

**Location:** Online Distance Learning from the comfort of your home

**Presenter:** Eric Spiegel, Ph. D., ASCH Fellow and ASCH Approved Consultant, a Past-President of ASCH (2018-2019).

**Continuing Education Credits:** ASCH has approved this program for 11 Advanced CEUs.

Please join us for our remote learning advanced training workshop in clinical hypnosis. OSCH is honored to welcome Dr. Spiegel, who will present to all current ASCH and component members. Dr. Spiegel will share his knowledge of the scientific literature on Attachment-Focused Hypnosis and Developmental Repair.

Additionally, course attendees will learn approaches in hypnotherapy that can be applied to treat individuals with borderline and narcissistic spectrum disorders. Methods specific to the application of Attachment-Focused Hypnosis will be learned through a mixture of didactic and experiential approaches.

Eric Spiegel, Ph.D., is a licensed psychologist in private practice in Philadelphia, PA, United States. He is certified as an Approved Consultant in clinical hypnosis by the American Society of Clinical Hypnosis (ASCH). He is an ASCH Fellow, and was honored by ASCH with the Early Career Achievement Award in 2012. He is a Past-President (2018-2019) of ASCH. Dr. Spiegel is co-author of the book Attachment in Group Psychotherapy, published by the American Psychological Association in 2013. He has also published on attachment and hypnosis in the International Journal of Clinical and Experimental Hypnosis (IJCEH) and American Journal of Clinical Hypnosis (AJCH). Dr. Spiegel specializes in working with anxiety, trauma, and relationship issues. He has taught undergraduate and graduate psychology courses at Drexel University, James Madison University, Lafayette College and the University of Maryland, and enjoys teaching internationally on a wide range of subjects, including attachment and hypnotherapy.

The OSCH board has agreed to extend OSCH member pricing of \$150 to all current ASCH and component members. For additional information, registration and please visit the [www.oregonhypnosis.org](http://www.oregonhypnosis.org) educational events page.

# 2020 Annual Meeting Program Reviews

## *Mirroring Hands: A Client-Responsive Experience*

Workshop by Richard Hill, MBMSc, MA, MEd, DPC

Review by Marina A. Smirnova, PhD, LPC; Saybrook University

In this workshop, Richard Hill introduced, explored, and illustrated therapeutic essence, nature, and practical application of *Mirroring Hands*—a deeply humanistic, client-responsive approach to therapeutic work. Developed by Ernest L. Rossi and Richard Hill, *Mirroring Hands* is a curiosity-enhancing, embodied, largely non-verbal, and, thus, naturally-sophisticated therapeutic orientation for client-empowering, hypnotically-imbued experiences designed to optimize the clients' access to and use of their inner resources, embodied creativity, and healing responsiveness. Richard rendered *Mirroring Hands* as a highly teachable, versatile, and viable therapeutic practice-modality uniquely suited for personal and transpersonal self-exploration, self-discovery, problem-solving, self-regulation, healing, integration, and transformation.

He skillfully described and illustrated how *Mirroring Hands* is used to evoke the individuals' inner search and capacity to effectively problem-solve, as well as their willingness to meet, great, and "handle" their life predicaments, challenges, and opportunities with a growing sense of wonder, curiosity, and self-compassion that illuminates nascent possibilities and opportunities to heal. Through several experiential exercises, workshop participants engaged and embraced *Mirroring Hands* as an elegant self-care practice. Moreover, following Richard's delightful and responsive guidance, the participants practiced tapping into their own experiential discoveries to transform naturally-occurring disruptive currents of consciousness into therapeutic and integrative ones. Importantly, Richard emphasized and reminded all that, time and again, the responsibility and the credit for the clients' therapeutic inner work and progress belong to the clients.

## *Story-Telling to Help People Change*

Workshop by Bill O'Hanlon

Review by Ran D. Anbar, MD, FAAP

Bill O'Hanlon, a master psychotherapist, hypnotherapist, and musician presented an inspiring pre-conference workshop about story-telling at the 2020 annual meeting of the American Society of Clinical Hypnosis last August.

Take homes from this presentation included the central idea that story-telling is a wonderful way to provide hypnotic suggestions to clients. As a pediatrician, this seemed to be familiar territory, as we often tell stories to our patients as a way to engage them. However, Mr. O'Hanlon taught us how to think of embedding suggestions within stories.

Of course, Mr. O'Hanlon modeled the effectiveness of story-telling by telling us many stories throughout the presentation. He told us about how Milton Erickson used story-telling to help evoke change in many patients. He discussed how some people believe that story-telling is how we communicate with each other, and that receptivity to story-telling might even be hard wired into humans. He pointed out that it is much easier to remember stories than facts.

Mr. O'Hanlon discussed many elements of effective story-telling including using specific sensory details, using vague elements within the stories to permit the imagination of the listener to become actively engaged in the process, modulating the voice, and using non-verbal cues while story-telling. These are elements that should be familiar to most of us who employ hypnosis effectively.

Special emphasis was placed on allowing clients to tell their own stories, and to listen to metaphors the clients may use to describe their situations, as a way of reaching a better understanding of their issues, including some that the clients may not even be aware of.



## 2020 Program Reviews (continued)

It is worth noting that the virtual format of the meeting worked very well for Mr. O'Hanlon, as it allowed all of the participants to feel as if Mr. O'Hanlon was speaking directly to them. Also, he was very good at reading the comments written on the Zoom Group Chat forum on several occasions during the presentation, which allowed participants to ask questions and even "chat" amongst themselves about relevant matters during Mr. O'Hanlon's presentation. This kind of interaction was reminiscent of when I would lean over to the person next to me at in-person meetings to share an observation, which helped me process the presented material better.

Mr. O'Hanlon is a prolific author of more than 30 books, and is planning to retire from his work as a psychotherapist at the end of 2020. Fortunately, his work will continue through all of his grateful students and readers. More information can be found at his website: <https://billohanlon.com/>.

## 2020 Awards

### **Josephine Hilgard Award for the Best Paper on Pediatric Uses of Hypnosis**

*Julie Excoffier, Vincent Pichot, Aymeric Cantais, Olivier Mory, Frederic Roche, Hugues Patural and Florian Chouchou*

Autonomic cardiac reactivity to painful procedures under hypnosis in pediatric emergencies: a feasibility study.

*American Journal of Clinical Hypnosis, Vol. 62(3).*

### **Clark Hull Award for Scientific Excellence in Writing on Experimental Hypnosis**

*Olafur S. Palsson*

Development and Validation of the Thought Impact Scale: A Measure of Subconscious Connectedness.

*American Journal of Clinical Hypnosis, Vol. 62(3).*

### **Milton H. Erickson Award for Scientific Excellence in Writing on Clinical Hypnosis**

*Mary J. Peebles*

Longing and Fear: The ambivalence about having a relationship in psychotherapy.

*American Journal of Clinical Hypnosis, Vol. 62(1-2), pp. 138-158.*

### **Ernest R. Hilgard Award for the Best Paper on a Historical Topic on Hypnosis**

*Eric B. Spiegel, Elgan L. Baker, Carolyn Daitch, Michael J. Diamond and Maggie Phillips*

Hypnosis and the Therapeutic Relationship: Relational Factors of Hypnosis in Psychotherapy.

*American Journal of Clinical Hypnosis, Vol. 62(1-2), pp. 118-127.*

# 2020 Awards (continued)

## **William S. Kroger Award for the Best Paper on Hypnosis, Health and Behavioral Medicine**

*David S. Alter*

In the Intersubjective Space: Hypnosis Through a Neuropsychological Lens.  
*American Journal of Clinical Hypnosis, Vol. 62(1-2), p. 74-94.*

## **Editor-in-Chief's Award for 1<sup>st</sup> Most Downloaded Article in this Year**

*Eva I. Banyai*

Active-alert Hypnosis: History, Research and Applications.  
*American Journal of Clinical Hypnosis, Vol.61(2).*

## **Editor-in-Chief's Award for 2<sup>nd</sup> Most Downloaded Article in this Year**

*Hedy A. Howard*

Promoting Safety in Hypnosis: A Clinical Instrument for the Assessment of Alertness.  
*American Journal of Clinical Hypnosis, Vol. 59(4).*

## **Editor-in Chief's Award for 3<sup>rd</sup> Most Downloaded Article in this Year**

*Richard P. Kluft*

Reconsidering Hypnosis and Psychoanalysis: Toward Creating a Context for Understanding.  
*American Journal of Clinical Hypnosis, Vol. 60(3).*

## **Editor-in-Chief Awards**

*David Reid*

In appreciation for consistent and outstanding professionalism as an Editorial Advisory Board Member of the American Journal of Clinical Hypnosis.

*Carol Low*

In appreciation for consistent and outstanding professionalism as an Editorial Advisory Board Member of the American Journal of Clinical Hypnosis.

*Ian Wickramasekera*

In appreciation for consistent and outstanding professionalism as an Editorial Advisory Board Member of the American Journal of Clinical Hypnosis.

*David Wark*

In appreciation for consistent and outstanding professionalism as an Editorial Advisory Board Member of the American Journal of Clinical Hypnosis.

## 2020 Awards (continued)

### AWARD of MERIT

*G. Lane Wagaman, EdD*

In recognition of his tireless work on behalf of the American Society of Clinical Hypnosis in multiple roles including serving simultaneously as Chair of the Certification Committee, Regional Workshop Committee and Standards of Training Revision Task Force. In addition to serving in leadership roles within the Society, Dr. Wagaman continues to share his expertise in the art of hypnosis through his participation in and teaching at Annual, Regional and Individualized Consultation Workshops.

### PRESIDENTIAL AWARDS

*Ran D. Anbar, MD*

In recognition of his continued hard work and dedication on behalf of the American Society of Clinical Hypnosis. He has given generously of his time and talent throughout the years both as Treasurer and Chair of many Committees and Task Forces. Dr. Anbar's contributions to the Executive Committee in terms of the historical perspective that he provides and his innovative ideas are especially valuable.

*Holly Forester-Miller, PhD*

In grateful recognition of her many years of leadership, guidance and development of the Teaching and Consultation Workshop Program. Her donation of both time and talent to this project is greatly appreciated.

*Debora L. Nesbitt, MSN, APRN, PMHNP, ABMH, ABHN*

In recognition of her efforts both in the development of Clinical Hypnosis Day and as the Editor of the American Society of Clinical Hypnosis Newsletter.

# 2021-2022 ASCH Elections

## 2020 ASCH Executive Committee

### President

Anita Jung, MS, LPC-S, LPA,  
FAPA

### President-Elect

Bridget S. Bongaard, MD

### Treasurer

Ran Anbar, MD

### Secretary

David S. Alter, PhD, ABPP, ABPH

### Member at Large, Dentistry

*Vacant*

### Member at Large, Medicine

Lewis Kass, MD

### Member at Large, Psychology

Louis Damis, PhD, ABPP

### Masters Level Representative

Lorna McKenzie-Pollock, LICW

### Immediate Past President

Philip D. Shenefelt, MD, ABMH

### ASCH-ERF Chair

Eric B. Spiegel, PhD

### Board of Governors, Moderator

Linda Thomson, ABMH, MSN,  
CPNP

### Executive Vice President

John E. Kasper, PhD, CAE

This September, each ASCH member will be receiving a ballot to elect the Executive Committee for the 2021-2022 membership year. These officers will assume office at the conclusion of the 2021 Annual Meeting.

**Members must renew their membership by September 7, 2020 in order to vote in this election.**

E-mails with electronic ballots will be sent out to the membership by September 15th using Simply Voting, the same voting mechanism that was used last year. To ensure that you receive this ballot, please make sure to verify that ASCH has your correct e-mail address before this time. If you have elected to receive a paper ballot, one will be sent to you in the same time frame. **All ballots must be submitted electronically or postmarked by October 31, 2020.**

The ASCH Nominations & Elections Committee is proud to present the following slate of candidates for the 2021-2022 election:

**President-Elect:** Joseph Tramontana, PhD

**Treasurer\*:** John Hall, PhD, ABPP  
Mary Pratt Miller, PhD

**Member at Large-Dentistry:** Atousa Safavi, DDS

**Member at Large-Masters Level:** Maggie Dickens, MS  
Debbie Benschung, LCSW

**Member at Large-Medicine:** Ralph Berberich, MD  
Cheryl Beighle, MD

**Member at Large-Psychology:** Ayelet Silberberg, PhD  
Mary Wells, PhD

\*The term of office for this position is two years.



Please join us **Mon., Sept. 14th, 7:30 – 9:30 PM EDT** for the 5<sup>th</sup> **HIE** (*Hypnotic Idea Exchange*) on ***Using Hypnosis to Help Tame Anxiety in Times of Crisis and Beyond.***

PLEASE REGISTER (SEE BELOW) BY Sunday, September 13<sup>th</sup>. This meeting is offered as a free service to ASCH, component section members and clinical hypnotherapists and is hosted by the North Carolina, Northern Virginia and Eastern ASCH Component Sections.

Today, as we continue to experience a pandemic of unprecedented scale, clinicians who are skilled in hypnosis possess a powerful tool to help people during times of crisis and beyond. Also, those who employ hypnosis in their work are discovering a wide range of opportunities to personalize hypnotic ideas, stories, suggestions and metaphors in ways that will help their clients navigate the challenges of today's evolving crises.

**This meeting will bring together leading experts and practitioners of hypnosis to discuss how to help people cope in effective ways.** It will offer participants: 1) First, a set of practical ideas from a panel of experts – ideas that can be readily applied in their hypnotic work as well as their own lives, 2) Second, a forum to practice new techniques and share creative hypnotic ideas of their own with each other and the panel, and 3) Finally, a source of professional community and camaraderie during these unprecedented, uncertain and unfathomable times.

### Panel of Experts

**Carolyn Daitch, Ph.D.**, *Director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Michigan and Author of the award-winning Affect Regulation Toolbox* will present on *Taming Anxiety with Carolyn's Favorite Tools.*

**Tobi B. Goldfus, LCSW-C, BCD**, a psychotherapist in private practice in Germantown, MD, speaker and author of *From Real Life to Cyberspace and Back Again: Helping our Young Clients Develop a Strong Inner Selfie.* will present the topic ***The Inner Selfie Joins Teletherapy: Hypnotic Pandemic Relief.***

**TO REGISTER FOR THE MEETING, PLEASE CLICK [HERE](#)**  
After registering, you will receive a confirmation email with info about joining the meeting.

**Disclaimer:** While the ASCH component sections cannot endorse any of the ideas in this meeting, nor postulate that hypnosis is a treatment for COVID-19, we do provide this forum as a service for our membership.

Save the dates for the next 4 future Hypnotic Idea Exchanges (all at 7:30 pm EDT) featuring:

Cory Hammond in October ( 10/15)  
Jeff Zeig in November (11/9)  
Ran Anbar in December (12/7)  
Eric Spiegel in January (1/11)



# ASCH Certification

## About the Newsletter

The American Society of Clinical Hypnosis Newsletter is published quarterly.

Newsletter Deadlines:  
Articles should be received in the central office by the following dates for inclusion:

Fall - September 1st  
Winter - December 1st  
Spring - May 1st  
Summer- July 1st.

Submissions: Submissions are welcome. All submissions will be edited for content, style and length. Newsletter material should be submitted via email to: [assoc-dir@asch.net](mailto:assoc-dir@asch.net).



ASCH Certification & Approved Consultant Certification offers non-statutory voluntary credentialing in Clinical Hypnosis and provides recognition of the advanced clinician who has met educational qualifications and required training in clinical hypnosis.

The ASCH Certification and Approved Consultant Program is gaining national recognition as a standard for the practice of hypnosis. Anecdotal evidence suggests that hospitals and third party payers are beginning to recognize the importance of such standards and view ASCH Certification as a basic requirement for promoting hypnosis as a treatment modality. There are two (2) levels of Certification. Entry level is simply called "Certification". An advanced level, called "Approved Consultant", recognizes individuals who have obtained advanced training in clinical hypnosis and who have extensive experience in utilizing hypnosis within their professional practices.

Approved Consultants are qualified to provide individualized training and consultation for those seeking Certification.

For more information on the ASCH Certification Program, visit:  
<https://www.asch.net/Certification/CertificationUpdate.aspx>

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